



Our philosophy of fitness is a holistic approach to living a higher quality of life. A person cannot accomplish what is important in life if they are physically and mentally imbalanced.

Our approach is to teach our clientele how to take control of their health by using the components of science combined with a curriculum that is practical to individual lifestyles.

We do not believe in "health club programs," but teach fitness based only on assessed needs to promote core strength, endurance, flexibility and optimal nutritional health.

We understand bad health is not a choice, but a serious consequence that will be passed on to generations to come.

Features and Services Include...

Nutritional Coaches
Apex/NASM Certified Fitness Professionals
Massage Therapy
5 Level Tanning Salon
Visual Fitness Planner (Health Screening)
Group Fitness Training (30 min. workouts, daily)
35,000 lbs. Free Weights
Selectorized Circuit Training (FAST and Effective)
40 Pieces Cardio Equipment
Cardio Theatre w/ Flat Screen Monitors
Locker Rental (\$10-\$20 per month)
Towel Service
Laundry Service (\$12 per month)
Full Service Locker Rooms
Juice Bar (Featuring Apex Express Products)
Bodybugg Licensed Facility

State Employees Receive 1/2 off Enrollment Fees

Gym F/X
418 6th Ave (Liberty Building)
Des Moines, IA 50309
515-288-1111

Lakeside Fitness
4400 E. University Ave.
Pleasant Hill, IA 50327
515-265-2399